WHAT IS CLAIMED IS:

1. A spring holding connector comprising:

a housing having a bore therethrough;

a shaft rotatably and slidably received in said bore;

a circular groove formed in one of said bore and shaft;

a circular spring disposed in said groove for slidably holding said shaft within said bore;

said groove being sized and shaped for controlling, in combination with a spring configuration, shaft mobility within said bore.

2. The connector according to claim 1 wherein said spring is turnable in said groove for causing forces required to move the shaft within said bore to be dependent upon a direction of the movement.

3. The connector according to claim 1 wherein said spring is compressible in said groove for causing forces required to move the shaft within said bore to be dependent upon a direction of the movement.

4. The connector according to claim 2 wherein the movement is axial.

5. The connector according to claim 3 wherein the movement is axial.

6. The connector according to claim 1 wherein said spring is turnable in said groove for enhancing electrical conductivity between said shaft and said housing by removing oxidation on said spring.

7. The connector according to claim 6 wherein said groove includes an uneven bottom for scraping said spring as said spring turns therepast.

8. The connector according to any one of claims 1-6 wherein said spring is a counterclockwise radial spring.

9. The connector according to any one of claims 1-6 wherein said spring is a clockwise radial spring.

10. The connector according to any one of claims 1-6 wherein said spring is an axial spring having a back angle at an inside diameter of spring coils and a front angle on an outside diameter of the spring coils.

11. The connector according to any one of claims 1-6 wherein said spring is an axial spring having a back angle on an outside diameter of spring coils and a front angle on an inside diameter of the spring coils.

12. The connector according to claim 5 wherein said groove is sized and shaped for causing, in combination with a spring configuration, a force required to move the shaft in

one axial direction to be greater than 300% of a force required to move the shaft in an opposite axial direction.

13. The connector according to claim 12 wherein said groove has a tapered bottom.

14. The connector according to claim 13 wherein said spring is axial spring having a back angle at an inside diameter of spring coils and a front angle on an outside diameter of the spring coils.

15. The connector according to claim 13 wherein said spring is an axial spring having a back angle at an outside diameter of spring coils and a front angle on an inside diameter of the spring coils.

16. The connector according to claim 1 wherein said groove has a flat bottom.

17. The connector according to claim 1 wherein said groove has a V-bottom.

18. The connector according to claim 1 wherein said groove has a tapered V-bottom groove.

19. The connector according to claim 1 wherein said groove has a semi-tapered bottom.

20. The connector according to claim 1 wherein said groove has a round bottom with a shoulder therein.

21. The connector according to claim 1 wherein said groove has an inverted V-bottom.

22. The connector according to claim 1 wherein said groove has a V-bottom with different angle subtending sides of said grooves.

23. The connection according to claim 1 wherein said groove is a dovetail groove.

24. The connector according to claim 1 wherein said groove includes an inwardly facing lip disposed opposite a groove bottom.